

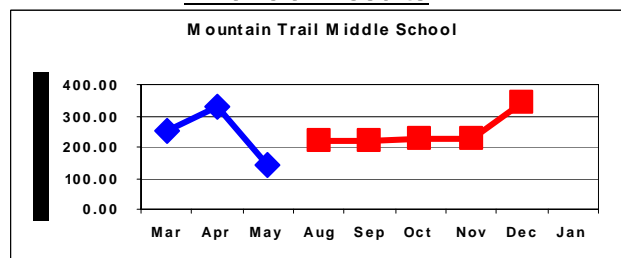
Mountain Trail Middle School

2003-2004 Team Nutrition Grant – Arizona Department of Education

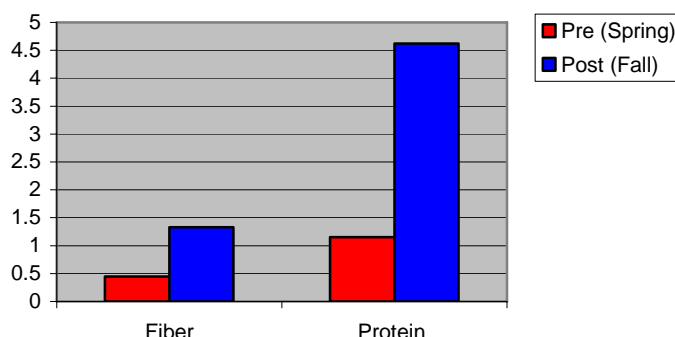
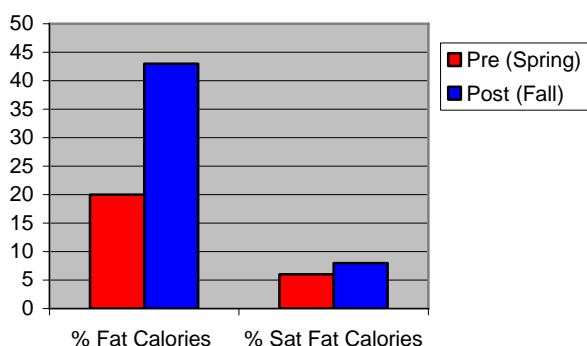


Financial Results

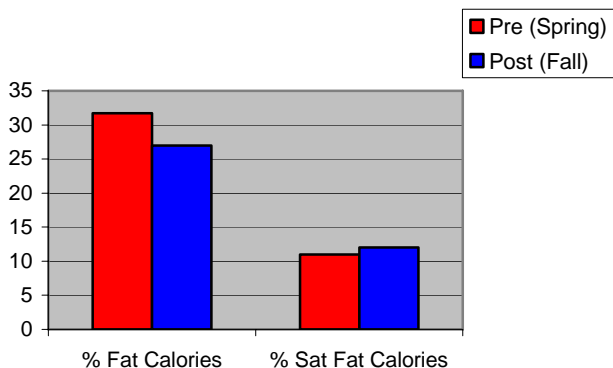
Plan: Develop new curriculum in core subjects that incorporates nutrition and physical activity and change items in school store



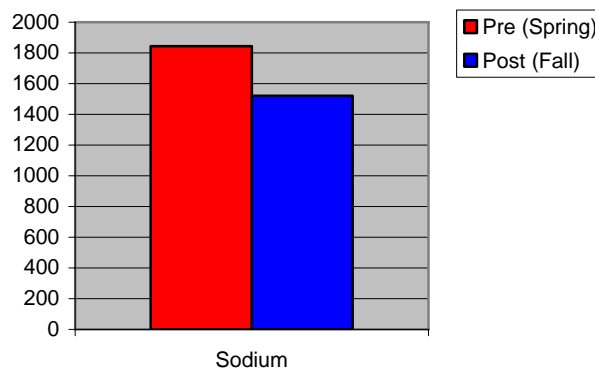
Nutrition Results: Program meals decreased in total fat calories, sodium and increased in Calcium. School store increased in total fat calories, but items offered were a better source of fat. During spring semester, items offered were high in sugar content and low in nutrient density (ex: licorice, hard candies). Items were changed in the fall semester to mixed nuts, beef jerky and granola bars which contain more fat, but are more nutrient dense items in protein, vitamins and minerals.



Vending
Total calories from fat goal- <30%
Total calories from sat fat goal- <10%



Vending
Fiber (g), Protein (g)



Program Meals
Total calories from fat goal- <30%
Total calories from sat fat goal- <10%

Program Meals
Sodium (mg)

